

# NEAMI ROCKINGHAM

## Community-based mental health service - May 2026



NEAMI ROCKINGHAM | 16/5 Goddard St, Rockingham  
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### GROUPS

#### MONDAY

Better Sleep, Better You

#### TUESDAY

Rhythm to Recovery

#### WEDNESDAY

Structured Art

#### THURSDAY

Lets get Spicy & Look at Neuro Diversity

#### FRIDAY

Community Connection

### BETTER SLEEP, BETTER YOU

Join us for a practical and supportive month focused on improving sleep quality and routine. Learn about sleep hygiene, explore common sleep disruptors, and discover evidence-based strategies to help you get better rest. Each group will include interactive worksheets, discussion, and take-home tips to support your wellbeing.

**When:** Mon 1-3pm  
**Where:** Neami Office



### RHYTHM TO RECOVERY

Music and sound can have profound impacts on our state of mind and studies show music is powerful enough to aid with mental health, improve cognition, and even bring some people with dementia back to their pre-dementia state...for a short time.

**Week 1:** Introduction to beats and bringing them together

**Week 2:** Connecting through rhythm and vibration

**Week 3:** Games we play – trying to drum through laughter

**Week 4:** Drumming Circles – lets create some noise!

**When:** Tues 1-3pm  
**Where:** Neami Office

### STRUCTURED ART

This month in Structured Art you're invited to join us for a relaxed month

Week 1: Mood Drawing

Week 2: Bottle Painting

Week 3: Torn Art Collage

Week 4: My Emblem

**When:** Wed 1-3pm  
**Where:** Neami Office

### LET'S GET SPICY & LOOK AT NEURO DIVERSITY

- Lets look at the Neurodiversity
- Lets look at the Autism Spectrum
- Lets look at the 'Dys' (dyslexia, Dyscalculia, Dyspraxia)
- Lets look at the other ways people are spicy!

**When:** Thurs 1-3pm  
**Where:** Neami Office



### COMMUNITY CONNECTION

A weekly BBQ focused on connection, wellbeing, and social inclusion. Join us in this relaxed mindful location to support positive mental health through a shared meals, conversation, and a sense of belonging.

**When:** Fri 11am-1pm  
**Where:** Neami Office/  
Rockingham Foreshore

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Community Connection
4 Better Sleep, Better You	5 Rhythm to Recovery	6 Art Group	7 Let's get spicy & look at Neuro Diversity	8 Community Connection
11 Better Sleep, Better You	12 Rhythm to Recovery	13 Art Group	14 Let's get spicy & look at Neuro Diversity	15 Community Connection
18 Better Sleep, Better You	19 Rhythm to Recovery	20 Art Group	21 Let's get spicy & look at Neuro Diversity	22 Community Connection
25 Better Sleep, Better You	26 Rhythm to Recovery	27 Art Group	28 Let's get spicy & look at Neuro Diversity	29 Community Connection